Caring for your hard bite raising appliance (Michigan splint)

NHS
Royal Berkshire
NHS Foundation Trust

This leaflet explains how to look after your hard bite raising appliance.

Key points

- You have been given this appliance to help relieve jaw joint and associated muscle pain. It has been made to fit accurately.
- Your appliance is made of a hard acrylic (methyl Methacrylate).
- Make sure you fit your appliance correctly, ensuring it clicks over your teeth.
- Your appliance is usually worn overnight unless the doctor tells you otherwise.
- Clean your appliance using running water, your toothbrush and toothpaste. It is advisable to run some water into the sink to prevent damaging the appliance if it is dropped whilst cleaning.
- Keep your appliance on the model or in a container when not in use, in order to keep it safe.
- You will need to wear your appliance regularly for it to be effective. If it is not worn regularly it may not fit as your teeth may move slightly.
- If the appliance is damaged please contact the department as soon as you can so that we can arrange to repair it. There may be a charge to repair or replace the appliance.

Contact us

Oral & Maxillofacial Department, Tel: 0118 322 8978 / 7139 or email: rbb-tr.cat1@nhs.net

Clinician: _____

Patient name: _____

Hospital number: _____

Materials used: _____

_____

This appliance is custom made and is intended to be used by the above named patient. The patient is being treated at the Department of Oral & Maxillofacial Surgery & Orthodontics, Level 2, South Block, Royal Berkshire Hospital, RG1 5AN, by the above named clinician.

This is a class 2a medical device and meets all the essential requirements set out in annex 1 of the Medical Devices Directive. If required, instructions will be given when the appliance is fitted.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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